



使用指南

USER MANUAL

手表客户端下载

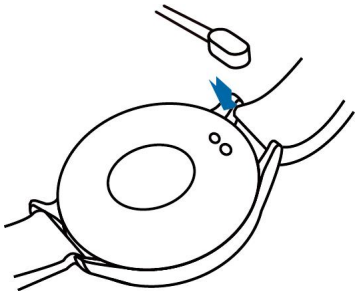
扫描下方二维码下载并安装手表客户端。



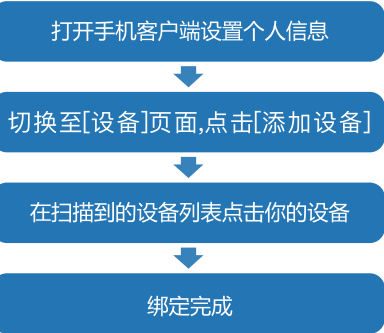
扫码下载手机客户端

手表充电与激活

首次使用手表之前需要充电激活；
使用配备的磁吸充电器吸附到手表背面的金属触点，充电器另一端接入USB充电头或者电脑USB接口即可。

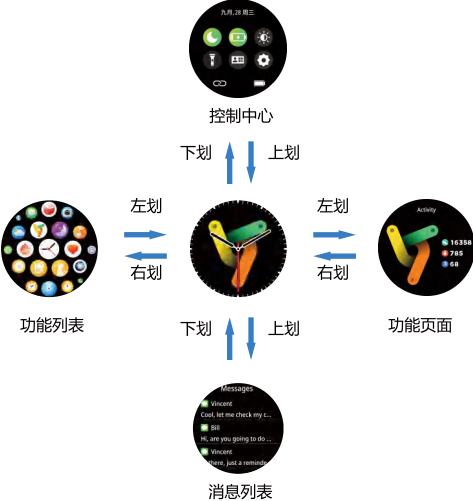


连接手表



在手表设置菜单—关于界面，将显示手表MAC地址，可以通过设备列表中的MAC地址来确定你的设备；
手表绑定成功后，今后每次打开客户端，手表会自动与手机连接，在客户端数据页面下拉可以同步数据。

手表操作指导



手表功能简介

睡眠

手表可记录并显示昨夜的睡眠总时长以及深睡眠、浅睡眠的时长。更多详细信息分析以及数据记录可以在客户端中查看。

心率

进入APP设备页面，点击其它设置，打开并设置全天心率功能后，可以记录并显示全天24h心率。点击心率界面，可测量当前心率值，更多详细信息分析以及数据记录可以在客户端中查看。

手表功能简介

运动信息

手表可记录并显示每天行走的步数、消耗的热量以及里程信息。更多详细信息分析以及数据记录可以在客户端中查看。

锻炼

123种运动模式可供选择，包括：步行、跑步、骑行、篮球、足球、羽毛球、跳绳、游泳。更多详细信息分析以及数据记录可以在客户端中查看。

手表功能简介

血压

点击血压界面，可测量当前血压值。更多详细信息分析以及数据记录可以在客户端中查看。

血氧

点击血氧界面，可测量当前血氧值。更多详细信息分析以及数据记录可以在客户端中查看。

手表功能简介

天气信息

天气页面会显示当前的天气、以及未来6天的天气预报。天气信息需要连接客户端后才可以获取数据，如果长时间断开连接，天气信息将无法更新。

消息推送

手表可以接收显示手机上的通知推送，可在客户端中设置推送项目开关。手表消息页面可以储存最近8条消息记录。

手表功能简介

相机控制

连接手机后，手表可以作为手机相机遥控器。(该功能为应用内相机功能)在手机上打开相机后，在手表相机控制页面点击即可触发手机相机快门。

音乐控制

连接手机后，手表可以控制手机音乐播放器。

手表功能简介

其他功能

手表的其他功能中包含秒表、闹钟、计时器、亮度调节、振动开关、恢复出厂设置、关机操作、关于。

秒表

点击秒表图标，进入秒表功能。

手表功能简介

智能闹钟

在APP和手表中中可以设置手表的智能闹钟最多可以设置8个闹钟。在设定时间时，手表将会显示闹钟图标振动并有闹铃声音提醒。

生理期

在客户端中可设置生理期，排卵期，排卵高峰期提醒与预测。

手表功能简介

久坐提醒

手表在你久坐1小时后，会提示你起身走走。久坐提醒功能可以在客户端中设置开关。

喝水提醒

手表在计划的喝水时间时，会提示你该喝水了。喝水提醒功能可以在客户端中设置。

手表功能简介

世界时钟

手表DAFIT的APP绑定好，在手机APP里面的世界时钟添加需要显示的地区，添加成功后手表上会显示对应地区的时间。

指南针

点击指南针图标，进入功能。按图文完成校准后即可使用。

常见问题与解答

血压数值为什么跟血压计有偏差？

手表和血压计测量数值出现的偏差是由多种因素决定的，血压计测量部位是在肱动脉，手表测量部位是在微动脉的两个主要分支，正常情况下主动脉血压测量值和微动脉血压测量值会相差三到四十；如果你使用手表和血压计同时进行测量，由于动脉里流动的是离心方向的血液，血压计测量时绑带使你的肘正中以下部位处于受压状态，暂时血液无法顺畅的向下面的动脉分支流动；血管紧张感增加，将使上下血压测量值偏差会更大。

为什么不能佩戴手表洗热水澡？

洗澡水的温度比较高，会产生很多的水蒸气，而且水蒸气是气相的，其分子半径小，容易从手表的壳体空隙渗进去，当温度降下来后又重新凝结成液相的水滴，容易造成手表内部线路短路，损伤手表电路板，进而损坏手表。

常见问题与解答

为什么手表接收不到消息推送？

安卓手机设置：
1.确认在手机客户端开启了消息推送的开关
2.确认消息在手机通知栏都可以正常显示，手表消息推送是通过读取手机通知栏消息进行推送；若手机通知栏没有消息，手表将无法接收推送。
(需要在手机设置中找到通知设置，开启微信、QQ、电话、短信、手机客户端的通知开关)
3.打开手机环客户端的辅助功能设置
(在手机设置中找到辅助功能，打开手机环客户端的辅助功能设置)

苹果手机设置：

1.确认在手机客户端开启了消息推送的开关
2.确认消息在手机通知栏都可以正常显示
(需要在手机设置中找到通知设置，开启微信、QQ、电话、短信、手机客户端的通知开关)

注意：本商品虽提供心率、血压、血氧测量，但非医疗设备，不能作为医学诊断依据，若身体不适，锻炼前请先咨询医生。

有害物质的名称及含量表

| 有害物质 部件名称 | 铅 (Pb) | 汞 (Hg) | 镉 (Cd) | 六价铬 (Cr(VI)) | 多溴联苯 (PBB) | 多溴二苯醚 (PBDE) |
|--------------|-----------|-----------|-----------|-----------------|---------------|-----------------|
| 表带 | ○ | ○ | ○ | ○ | ○ | ○ |
| 表壳 | ○ | ○ | ○ | ○ | ○ | ○ |
| 不锈钢件 | ○ | ○ | ○ | ○ | ○ | ○ |
| 铜合金件 | × | ○ | ○ | ○ | ○ | ○ |
| PCB | ○ | ○ | ○ | ○ | ○ | ○ |
| 电子元器件 | × | ○ | ○ | ○ | ○ | ○ |
| LCD | ○ | ○ | ○ | ○ | ○ | ○ |
| 玻璃镜 | ○ | ○ | ○ | ○ | ○ | ○ |
| 橡胶带 | ○ | ○ | ○ | ○ | ○ | ○ |
| 松紧带 | ○ | ○ | ○ | ○ | ○ | ○ |
| 防水圈 | ○ | ○ | ○ | ○ | ○ | ○ |
| 其它塑胶件 | ○ | ○ | ○ | ○ | ○ | ○ |
| 导线、充电线 | ○ | ○ | ○ | ○ | ○ | ○ |
| 包装印刷件 | ○ | ○ | ○ | ○ | ○ | ○ |

表格中的部件为我公司各产品的主要部件汇总，本产品所含部件以产品实际配置为准。
表格中未列出的本产品其它部件及其均质材料均不含有害物质。

表格中含有害物质的部件及其均质材料”，均符合欧盟ROHS
对有害物质限制使用严格要求，请放心使用。
表格依据SJ/T-11364的规定编制。
○：表示该有害物质在该部件所有均质材料中的含量在GB/T26572规定的限量要求以下。
×：表示该有害物质至少在该部件的某一均质材料中的含量超出GB/T26572规定的限量要求，且业界目前没有成熟的替代方案，符合欧盟RoHS指令环保要求。
温馨提示：
为了保护环境，本产品或其中的部件报废后，请将其与生活垃圾分开，送至有资质的回收站点，由回收处理站点按照国家相关规定进行分类拆解、回收再利用。有关本产品的回收处理的详细信息，请咨询当地政府、废品处理机构等。



USER MANUAL

Downloading The App

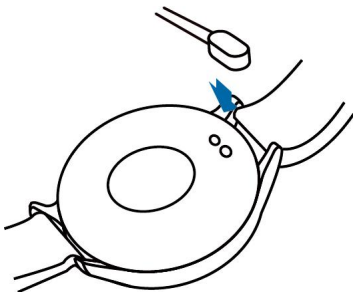
Scan the following QR code, download and install the App.



Scan QR Code and Download

Charging And Active

Charging the device using the supplied charging cable to active before the first time using; To charge your device, plug the charging cable into the adapter or USB port on your computer.



Pairing

Open the App and set up your profile

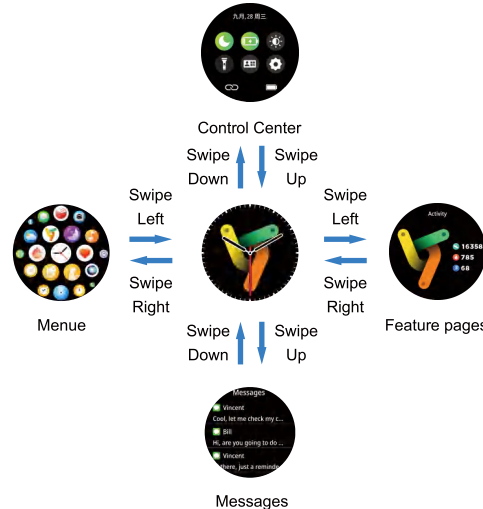
Go to the [Device] , Click[Add a Device]

Choose your device on the scanning list

Finish

The MAC address on the "Setting"- "About" page could help you identify your device on the scanning list.

Use The Touch Screen



Smart Watch Features

Sleep
If you keep wearing the watch in your sleep , it can provide the hours slept and quality of sleep stats on both the screen and the app .
NOTE: Sleep stats reset to zero at 8:00 pm.

Heart Rate Test
The Smart Watch could record your heart rate all day .
You also could tap on the page to start measuring heart rate.

Smart Watch Features

Sports
Smart Watch automatically tracks Steps taken on the screen.
NOTE: Your movement stats reset to zero at midnight.

Training
Tap the training icon on the menu to start a new training measure recording, there are 123 sport modes to be chosen.
The last training recording will be shown on the training page.

Smart Watch Features

Blood Pressure Test
Tap on the blood pressure page to start measuring your blood pressure.
On the blood pressure page, It can show the blood pressure measured data of the last times.

SpO2 Test
Tap the SpO2 page to start measuring your SpO2.
On the SpO2 page, It can show the SpO2 measured data of the last times.

Smart Watch Features

Weather
It could show the weather info of current and weather forecast for the next 6 days.
Weather info is synced after connecting to the client , it will not be updated after a long disconnected.

Messages Reminder
The device can sync incoming notifications from Twitter, Facebook, Whatsapp, Instagram etc.
Recently 8 messages can be stored.
Note: You can switch off/off the incoming notification in the app .

Smart Watch Features

Remote Shutter
After connecting the device,you can remotely control the camera on your phone.
(This feature is an in app camera function.)

Player Shutter
After connecting the device,you can remotely control the music player on your phone.

Smart Watch Features

Other Features
Other features include stopwatch, alarm, timer, brightness,mute on/off, factory reset, power off and about.

Stop Watch
Tap the start button on stopwatch page to start timing, and tap the stop button to stop timing.

Smart Watch Features

Silent Alarms
Set up the alarm on the APP, the device will vibrate to remind on time.

DND Mode
The device will turn off the vibration and turn down the brightness when the theater mode is turned on.
Note: You can turn on/off the theater mode in the control center.

Smart Watch Features

Remind to Move
The device will vibrate to remind you to make a relax after 1 hour sitting.
Note: You can switch on/off the feature in the APP.

Remind to Drink
The smart watch will remind you "Time to Drink Some Water" at the planned drinking time.
Note: You can set the feature in the APP.

Smart Watch Features

World Clock
Covering global city time, it supports checking the time difference and date difference of each place to meet all your city needs.

Compass
Tap the compass icon to enter the features. Complete the calibration according to the diagram and can be used.

Getting To Know Your Device

1.Using In Wet Conditions
Your device is water-resistant, which means it is rain-proof and splash-proof and can stand up to even the sweatiest workout.
NOTE: Do not swim with your watch . We also don't recommend showering with your wristband; though the water won't hurt the device, wearing it 24/7 does not give your skin a chance to breathe. Whenever you get your bracelet wet, dry it thoroughly before putting it back on.

2.Using Quick View
With Quick View you can check the time or the message from your phone on your watch without taping. Just turn your wrist towards you and the time screen will appear for a few seconds.

General Info & Specifications

1.Environmental Conditions
Operating temperature: 14°F to 122°F (-10°C to 50°C)
Non-operating temperature: -4°F to 140°F (-20°C to 60°C)

2.Size
Fits a wrist between 5.5 and 7.7 inches in circumference.

3.Disposal and Recycling
Please kindly be aware that it is the consumer's responsibility to properly dispose and recycle Smart Bracelet and accompanying components. Do not dispose of Smart Bracelet with common household waste, the Smart Bracelet unit is considered electronic waste and should be disposed of at your local electronic equipment collection facility.
For more information, please contact your local electronic equipment waste management authority or the retailer where you bought the product.

Note: Although this product provides heart rate, blood pressure, blood oxygen measurement, but non-medical equipment, can not be used as a basis for medical diagnosis, if you are not feeling well, please consult a doctor before exercise.

FCC Statement

This device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions:
(1) this device may not cause harmful interference, and
(2) this device must accept any interference received, including interference that may cause undesired operation.
Any changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.
NOTE: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation.
If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the

equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:
-- Reorient or relocate the receiving antenna.
-- Increase the separation between the equipment and receiver.
-- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
-- Consult the dealer or an experienced radio/TV technician for help.
The device has been evaluated to meet general RF exposure requirement. The device can be used in portable exposure condition without restriction.